

Look for and Compliment the Good



Practice makes perfect. Put a checkmark each time you compliment a family member.

Noticing the good boosts your brain power, and complimenting your family members builds loving relationships.

Name of family member	Sun	Mon	Tue	Wed	Thur	Fri	Sat

Remember to follow these steps to make it a reinforcing compliment:

1. Give it immediately.
2. Be excited and sincere.
3. Say exactly what the person did well.
4. Tell how it helps the person.
5. Add a gentle touch.

Here's an example to get you started:

If your sister played well in her soccer game, give her a high-five and say, "Hey! You played a great game today. You played hard and had a lot of good touches on the ball. The more touches you get, the better you'll get at your ball control!"



No Trash Talk

Put a checkmark every time you criticize or find fault with someone.

Make a goal to stop noticing and pointing out the negative.



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